

This menu will be served from 1st February 2022 to 31st May 2022  
Allergen information is available on our website and is supplied with your order  
Dietary legend: v = vegetarian, g = gluten free, d = dairy free, n = contains nuts  
Full Ts & Cs on our website

# Bowl Food

Delicious, wholesome and warming bowl meals - great for events & parties

Great for parties, meetings or conferences. Bowls can be eaten standing or sitting. Bowls & forks are supplied for each bowl purchased. The food is delivered to you warm in stainless steel dishes within an insulated hot box which we leave with you. Service is recommended to be no later than 45 minutes after delivery. We provide serving utensils. For larger guest numbers we recommend waiting staff are hired from us to help with service. The equipment will be collected later in the afternoon of the delivery day or the following day. Please ensure it is ready for collection.

## VEGETARIAN

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### Macaroni Cauliflower with Caramelised Onion - Bowl Meal (v)

*The wonderful classic with English cauliflower, mature cheddar, Coleman's English mustard, cayenne pepper, all topped with caramelised onion.*

## VEGAN

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### Vegan Rogan Josh with Rice - Bowl Meal (vegan, g, d)

*An aubergine, squash, peppers and lentils version of this wonderful Kashmiri curry*

### Moroccan Vegetable Tagine & CousCous - Bowl Meal (vegan, d)

*Squash, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin with a spiced couscous*

### Vegetable Thai Green Curry & Rice - Bowl Meal (vegan, g, d, n)

*peppers, broccoli and babycorn with the lemongrass, ginger, lime, coconut milk and cashew nuts. Served with long grain rice*

### Dhal with Sweet Potato, Coconut Crust & Rice - Bowl Meal (vegan, g, d)

*Red lentil, spinach, sweet potato, coriander & chilli dhal with a coconut & ginger crust*

### Aubergine, Tomato & Basil Penne - Bowl Meal (vegan, d)

*Roasted aubergine in a rich tomato and basil sauce through penne pasta*

## FISH

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### Harissa Salmon & Mint Jewelled Couscous

*harissa crusted salmon with mint jewelled couscous and a harissa yoghurt dressing*

BOWL  
MEAL

£7.50

£8.50

£8.00

£8.00

£8.00

£7.50

£11.00

## MEAT

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### Lasagne Bolognese

*a traditional lasagne with minced steak, celery, carrot, oregano and bella lodi*

### Penne Arrabiata with Chicken - Bowl Meal

*The classic spicy tomato sauce and chicken fillets with penne pasta*

### Sri Lankan Beef & Potato Curry - Bowl Meal (g, d)

*Cinnamon, cloves, cardamom and curry leaves with ginger and coconut milk give a punchy flavour to the spinach, potatoes and braised beef*

### Tarragon Chicken & Rice - Bowl Meal (g)

*free range chicken with fresh tarragon, cream and lemon. Served with long grain rice*

### Chilli Con Carne & Rice - Bowl Meal (g)

*chilli, cumin, oregano, thyme flavour the minced beef for this classic Mexican. Served with a parsley garnish and rice*

### Vietnamese Chicken Curry & Rice - Bowl Meal (g,d)

*Classic Vietnamese with lemon grass, ginger, potatoes, spring onion, carrot, chilli, fish sauce, bayleaf, coriander and coconut milk*

BOWL  
MEAL

£10.35

£8.00

£11.00

£9.50

£9.00

£9.50